



Prime Time News

April 2017

Fitchburg Senior Center
Volume VI Issue 4

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 Find Us On Facebook

Caregiver Support

If you are caring for a loved one with dementia, you are not alone.

Join us on Thursday,
April 13 at 10:00 a.m.



Parkinson's Support

If you or a loved one is dealing with Parkinson's, this group could be for you. Join us the 2nd & 4th Wednesdays at 2:00 p.m. Starting 5/10.

"Born Survivors: Three Young Mothers and Their Extraordinary Story of Courage, Defiance, and Hope"

Join us for an incredible evening with Fitchburg resident, Dr. Mark Olsky, as he discusses the book, *Born Survivors*, written by Wendy Holden. Mark, Hana Berger-Moran and Eva Clarke were all born within weeks of each other in 1945 and were all liberated (with their mothers) from the Mauthausen Concentration Camp in Austria.

When: Thursday, April 27

Time: 6:00 p.m.

Location: BTC Auditorium, 5445 E. Cheryl Pkwy *Program is funded by the Fitchburg Senior Center, Fitchburg Library and Beyond the Page. Books available for checkout from the Senior Center and the Library.*

Parkinson's Support Group—New!



The Senior Center is excited to be able to bring back the Parkinson's Support Group! We introduce Kayla Daniels as the group facilitator.

Kayla is a graduate student at the U.W. in the area of Social Work. Through her internship at the Veterans Hospital (where she provides brief therapy for Veterans struggling with depression and anxiety), she has developed an interest in working with individuals who have Parkinson's. Join the kick-off meeting **May 10 at 2:00 p.m.**

NEW!

Gentle Chiropractic Now Available



Dr. Laura Konopacki, originally from Brooklyn, WI, will be offering Chiropractic treatments at the Senior Center. She specializes in gentle (no popping or cracking) techniques that can help reduce pain, restore balance, and improve neurological symptoms.

Studies show that seniors who use Chiropractic care report fewer hospital admissions, fewer surgeries, less days in the hospital, and lower pharmaceutical costs.

Medicare and secondary insurances will cover the majority of the cost of Chiropractic treatment. Call for an appointment: (608) 270-4290

New Offerings For You!

P.2

Learning Annex—Tech!

Tuesday, April 18 at 2:00 p.m.

Students from Stoner Prairie Elementary will be sharing projects they created in response to the question of "How can technology provide access to others?". The LAUNCH party will showcase the designers, along with their designs which focus on using 3D printing, coding, video games, and more to improve access to other people. Past projects have included a 3D printed rubik's cube, a 3D printed Tic-Tac-Toe game, and more. Come learn about what students are doing as they showcase their designs.

Spend May
Day with the
Retiree Rebels

Retiree Rebels: Ditch the Rocking Chair!

Have you had the retirement talk? Not the one about money, the one about what to do with your life after you retire?

Carol Larson and Mary Helen Conroy, co-founders of RetireeRebels.com, will talk about that first, possibly rocky, year of retirement, and the next steps. Join the discussion and share your experiences, questions and advice.

"Thanks Retiree Rebels! I love your programs. You really bring up some great points. It's fun learning and being with others! That's retirement for sure." (L. Olsen)

Join Carol and Mary Helen on
Monday, May 1 from 1:00-2:30 p.m.

Agrace Care

Join us on Wednesday, April 12 at 10:30 a.m. for a presentation on two Agrace programs you may not know about! Learn more about palliative care, and how Agrace is working towards a more diverse staff and patient population.

~ Research Volunteers Wanted ~

If you have issues with bladder or bowel control, you are not alone. More than half of women aged 50 or older experience urinary incontinence or accidental bowel leakage symptoms! Researchers at the University of Wisconsin-Madison are testing a workshop designed to give women the tools they need to take control of their symptoms.

Mind Over Matter: Healthy Bowels, Healthy Bladder is a three-session workshop for senior women that includes information, group activities, and simple exercises to do at home. We are looking for volunteers to give us feedback about how well the workshop works.

Volunteers will be asked to complete the following activities:

- Attend three workshop sessions (one every other week) this spring or fall.
- Complete a survey questionnaire that takes about 30 minutes at three separate times.
- Be available to attend both the spring and fall workshops, though you will only be invited to attend one or the other.

You can receive up to \$50 for participating in this research program! To learn more, call Anne at the Oregon Area Senior Center at 835-5801, or Jill at the Fitchburg Senior Center at 270-4291.

Bridge Instruction—Managing Entries

Learn how to avoid being stranded in the wrong hand-with plenty of tricks waiting for you in the other hand.

Intermediate level. **Thursdays April 20 and 27.**

Time: 9:30-11:30 a.m. Cost: \$20.

Instructor: Mary Olsky

Groups



Men's Group

Join us for our next meeting on
Tuesday, April 11 at 2:00 p.m.

For more info log on to:
www.fitchburgseniorcenter.com
and click on Men's Group on the left side.



Active Women's Group Join us for our
next meeting on



Tues., Apr. 25 at 2:00 p.m.

Social Hour from 1:00-2:00 p.m. before meeting.

For more info log on to:
www.fitchburgseniorcenter.com
and click on Active Women's Group.

Dine Out

Couples Dinner Group

Apr. 18 we will be going to **Verona Woods**—958
Liberty Dr., Verona. Any couple who would like
to join us should e-mail Bev Davis at
bevbdavis@aol.com or call 608-467-3990.

Tech W/ David



Cutting The Cable Cord— Home Visit

Are you stressing over your budget
and coming to the conclusion that cable TV is
something you could do without? If you have the
Charter bundle, you can eliminate cable and stick
with phone and internet. Worried trees and other
houses might be a reception problem for an anten-
na? Call David at 270-4292. These questions and
hands-on help are services offered to you for free.
Save money, save time and most importantly, dis-
cover a better way to watch TV.



Over The Air & Internet TV

It's time to arm yourself with TV option
knowledge! David Hill will guide you through
the changes that are coming to TV and how it
will impact your wallet.

This class will highlight how to retrieve over-the-
air high definition channels (FREE). You will al-
so learn how to incorporate devices like Roku
and Apple TV.

Better TV, more choices and happy viewers—Wed.
April 26 at 10:30 a.m.! Call 270-4290 to register.

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More!

Community Paramedic Outreach Program



The Fitchburg Senior Center is proud to bring the Fitchrona Medics on board to provide you FREE blood & glucose checks. The Community Paramedic Outreach Program will be every Wednesday from 10:30–12:00 p.m. No sign-up required. First day is Wednesday, April 5. Get checked and stay for a cup of coffee!



Ukulele Network

The Tuesday Uke Group continues to strum at 1:00 p.m.
For questions call Judy at 608-514-3274.

Cards With Katie



Join us for an afternoon of paper crafting on **Monday, April 10 at 1:00 p.m.** Stamp – cut – punch – glue – and have fun playing with paper. For more details go to www.StampLadyKatie.com
Cost \$11.50.

Payment due to the Senior Center one week prior to class. You must call 270-4290 to register.



Fitchburg Cycles and Your Bike!

Coming in early May the Fitchburg Senior Center will be teaming up with Fitchburg Cycles. Join us at Fitchburg Cycles to learn what it takes to change a tire, feather your gears to run smoothly, and the kick-off to the bike season. This event is also a great opportunity to meet others in the Senior Center biking club. Bike on over and be part of this great program. Right next to the Great Dane, 2970 Cahill Main. Any questions, contact David at 270-4292.

Healthy Living With Diabetes Workshop

Did you know that one out of every 12 Americans is affected by diabetes? In Wisconsin, there are 475,000 adults with diabetes, and 1.45 million adults with pre-diabetes. HLWD is a researched and proven workshop designed to help adults with Type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their diabetes. The workshop is also beneficial for adults living with someone who has either diabetes or pre-diabetes. People who have taken this workshop show better health, health behavior, and a sense of confidence in managing their diabetes; improvements in blood sugar levels; a decrease in health distress, hypo- and hyperglycemia; and fewer doctor and emergency room visits, and fewer hospitalizations. Workshop dates are May 10-June 14, Wednesday evenings from 5:30-8:00 p.m. at the Fitchburg Senior Center. The cost is \$10, and a healthy snack will be provided. The workshop will be led by two individuals who are living with diabetes. For more information or to register, please contact Sarah Folkers at 270-4294.



U.W. Nutrition
Apr. 5—Colorful and Classic Favorites!
Apr. 26—Eat Smart, Spend Less!
Both programs start at 11:30 a.m.



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REACH Book Club

REACH Book Club will meet on April 13, 2017 at 1:30 p.m. at the Senior Center with a discussion of the book, *The Kitchen House* by Kathleen Grissom. "A dark secret threatens to expose the best and worst in everyone tied to the estate at a thriving plantation in Virginia in the decades before the Civil War. It is a heartbreaking and ultimately hopeful story of class, race, dignity, deep-buried secrets, and familial bonds."

We are close to the summer break and will choose books for next year at the June meeting. If you have suggestions, write the name of the book, author and your name and drop them off in David's office, bring them to the April or May meeting, or email them to dmullaly@att.net.

Upcoming selections are:

May 11: *The Children's Blizzard* by David Laskin

June 8: Choose books for next year

REACH Book Club meets the 2nd Thursday of each month, September thru June at the *Fitchburg Senior Center at 1:30 p.m.*

Mystery Book Club

The *I Love a Mystery Book Club* will meet on Thursday, April 27 at 1:30 p.m. at the Senior Center. We will discuss the book, *A Beautiful Blue Death* by Charles Finch. "On any given day in London, all Charles Lenox, Victorian gentleman and armchair explorer, wants to do is relax in his private study with a cup of tea, a roaring fire and a good book. But when his life-long friend Lady Jane asks for his help, Lenox cannot resist another chance to unravel a mystery, even if it means trudging through the snow to her townhouse next door."



Travel

Travel News

Don't get left out of the fun of traveling to exciting places!

Book now! Limited Space!

Brochures available at the Fitchburg Senior Center or by contacting Judy Broad, 608-271-9077.

Nova Scotia and Canada's Maritimes Tour-
July 14-22, 2017- \$3039 (double per person) single room \$3938, pricing includes airfare-13 meals, land transportation, ferry, touring Nova Scotia, Cape Breton Island, Prince Edward Island and New Brunswick.

Wisconsin Northwoods, Madeline Islands and Bayfield-Aug.14-17, 2017- \$912 (double per person), single: \$1140- pricing includes seven meals, roundtrip motorcoach from Fitchburg, entrance fees for attractions, hotel accommodations.

California Rail Discovery, featuring San Francisco, Lake Tahoe and the Napa Valley Wine Train, Sept. 15-21, 2017-\$2695 (double per person), Single \$3445; Pricing includes roundtrip airfare from Madison, nine meals, admissions, hotel, sight-seeing per itinerary.

Discover Cuba-Highlights of Havana, Varadero & Pinar del Rio-Oct.25-\$5095 double per person, \$6895 single. Pricing includes roundtrip airfare, Cuban Visa and Cuban Health Insurance, seven nights-first-class hotel accommodations, 16 meals, people to people visits and interactions and admissions per itinerary.



Call 608.274.4350 today to schedule
a tour and enjoy a complimentary lunch!



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Fun Zone

Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @ 1:00 p.m.

Social Bridge—Mon. @ 10:00 a.m.

Cross Stitch—Thurs. @ 8:30 a.m.

Euchre—1st & 3rd Tues. @ 12:45 p.m.

Mahjong—1st Tues. @ 1:00 p.m.

Bingo—Thurs. @ 12:30 p.m.

Sheepshead—Thur. @ 1:00 p.m.

Scrabble—Fri. @ 1:30 p.m.

Ping Pong—Fri. 9:00 a.m.

Bunko—Wed. @ 1:00 p.m.

Open Art—3rd Mon. @ 1:00 p.m.

Yarn Group—Mon. @ 9:00 a.m.



\$20 Blackout Bingo!! Apr. 13

Special Sponsor:

**Sponsor—Noel
Manor Living**

Game begins promptly at 12:30 p.m.



Movie Day—Manchester By
The Sea

Join us for this highly-rated
movie. 96% Rotten Tomatoes!
Friday, April 28 at 12:40 p.m.



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Estate Planning and Administration
Elder Law and Special Needs Planning

Exercise Opportunities

P.7



Ping Pong

Friday – 9:00 a.m. Drop-in.
Play in matches, it's fun!

Yoga W/ Kurt—Spring Session

April 10—May 22

\$49—Seven weeks

Level I 10:45 a.m.—12:00 p.m.

Level II: 9:15—10:30 a.m.

Call 270-4290. Payment due upon signup.



Badminton—Coming Fridays!

Equipment for Badminton is now available to use! Call or stop by to talk with David.
270-4292.

Pickle Ball



Every Tuesday. Advanced Play 8:30-10:30 a.m.
Beg./Inter. 10:30 a.m.—12:30 p.m. Open play
1:00-3:00 p.m. in the upper level.



Tai Chi Thursdays

8:30 a.m. Cost—\$2 drop-in.
Beginners welcome.



Games Worth Playing 2017

Get ready! It's coming! The Wisconsin Senior Games offers competitive events for seniors 50 +. From **June 3-17**, events are held in Madison and the surrounding area. Registration books are available or check www.WiSeniorGames.org. Registration opens soon, see website for details.



Aerobics With Diane Fronek

Diane teaches Mondays and Wednesdays at 8:30 & 9:45 a.m.; Fridays at 8:30 a.m. is Diane on video. Class focuses on cardio, strength, and flexibility. Cost is \$20 per month.



Functional Fitness

Monday, Wednesday and Friday from 11:00-11:30 a.m. Class is chair-based and focuses on strength, range of motion and balance.
Cost is \$10 per month.

5th Series!

Easy Yoga Plus

Learn ways to “age gracefully” through becoming aware of what your mind, body and spirit are telling you. You will leave class more relaxed and more in tune with what is required to keep yourself vibrant as you age.

Five weeks: Starting May 2 — from 9:00—10:00 a.m.

Cost is \$48. Call 270-4290 to register and pay.

Core Class

Sign Up!

Class is intended to maintain and improve strength, balance and posture. There will be a focus on core strength and weight-bearing exercises for upper and lower body. Participants must be able to get up and down from the floor for mat exercises.

Thursdays / 8:45-9:45 a.m. MAX 8 students.
Four weeks/ starting March 30. Cost: \$25

Zumba Gold

Thursdays/ 10:00-10:45 a.m.
8 weeks/ starting April 27. Cost: \$50
Call 270-4290 to register and make payment.

Transportation Services P.8

Meals—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

Shopping—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tuesdays and Fridays. Call the Senior Center to schedule a ride. Check calendar for trip destinations.

Medical Appointments—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 at least 5 business days in advance to schedule a ride.

Shuttle Service—This service is used for medical ride requests that require wheelchair transport. Requested donation is \$10 round-trip. Call 270-4290 3 business days in advance to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

Health, Help & Renewal

Footcare/Fingernail—Home Health United. Offered 2nd & 4th Wednesday & 4th Monday. Cost is \$20 & \$10. Call the Center for an appointment.

Must provide 2 towels.



Pre and Diabetic Footcare
Apr. 21

The cost of this clinic is \$28. Please call 270-4290 to schedule an appointment.

Blood Pressure

Offered at no charge the second and fourth Thursday of each month
10:30 a.m.—12:00 p.m.
No appt. needed.

EMS BP&Glucose
Wednesdays 10:30 a.m.



Massage Therapy

June Newman
LMT,NCTMB.
Mon./Thurs.
Afternoons

Massage/Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Massage

Denny Ginko
Call for
dates/times

Cost:

\$30 for 30 min.
\$50 for 60 min.
\$70 for 90 min.

Cancellations must be made 24 hrs in advance to avoid being charged.

Call 270-4290

Social Services

Senior Center Help

- ♦ Home visits
- ♦ Three Month Loan Closet
- ♦ Meals on Wheels
- ♦ Home Health
- ♦ Insurance
- ♦ Medicare/Part D
- ♦ Medicaid
- ♦ Call Amy Jordan or Sarah Folkers at 270-4290 today!

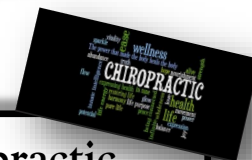
Chair Massage W/ Gary Kuzynski

1st & 3rd Wednesday mornings
15 minutes = \$11
30 minutes—\$22
Call 270-4290 to register.



Body Wave Chiropractic Laura Konopacki

Tuesdays 11:30—1:30 p.m.
Call 270-4290 to register.



Class Registration/Payment

Class: _____

Name: _____

Address: _____

City & Zip: _____

Phone: _____

Email: _____

Cash: _____

Check: _____

Program Cancellation Policy: Class payments must be received seven days prior to the start of class.

Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible.



Our Pancake Breakfast was a success due to the following contributions: A Big Thank You to all those from our community who attended!

Thank you for the hard work and time from those who volunteered on Saturday and Sunday to set up and serve breakfast!

Thank you to our community groceries including HyVee, Target and Woodman's for their donations to our Pancake Breakfast!

Fitchburg Farms donated \$100 to the Fitchburg Senior Center.

The Senior Center Friends Board spent \$989 on special needs and \$169 on Scholarships.

Day Trips Through June 27 and more to be announced in the future!

April 1: April Fool's Laverne and Shirley, Milwaukee. Pick-up at Fitchburg regardless of number signing up for the trip.

May 7: Buddy Holly Story, Wisconsin Dells

June 1: Architectural Gems of Northern Illinois, Willmette

June 27, Ten Chimneys, Genesee Depot, WI.

Call 800-416-2049 to sign up!



Fitchburg Historical Society

Speaker: Russell Horton
"Beyond The Trenches"

Stories of WI Men & Women in WWI
Sun. Apr. 30 at 1:30 p.m. Fitchburg Library



Fitchburg Senior Center Energy Task Force Team



Who are we? A group of volunteers who are available to provide Fitchburg Seniors with energy-saving measures.

What can we do for you? Volunteers can make simple but effective changes in your home: changing furnace filters, removing no throw-away light bulbs, batteries, checking outside water faucets and more!

Making Connections! The Task Force Team will also be able to identify possible resources for further improvement through Focus on Energy, Project Home and others. Referrals can be established by our team!

Is there a cost? No; however, donations are welcomed and appreciated.

Call to make an appointment today!
270-4292

Fitchburg Senior Center
5510 East Lacy Road
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608-270-4290

www.fitchburgwi.gov



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Jill McHone, Director
David Hill, Assistant Director
Mandi Miller, Nutrition Site
Mgr/Volunteer Manager
Amy Jordan, Social Worker
Sarah Folkers, Social Worker
Susan Hoerchner, Office Asst.
Betty Otradovec, Office Asst.
Katie McMullen—U.W. Intern.



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2017

Senior Dining



Fellowship, Food & Fun

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Sloppy Joe on Bun Broccoli Coleslaw Fruit Cup Chocolate Ice Cream VO- Vegetarian Sloppy Joe	BBQ Chicken Potato Salad Carrots Apple Juice W.W. Bread Cherry Crisp VO- Vegetarian Wrap	Stuffed Green Pepper Soup Turkey & Cheese on Rye Lettuce/Tomato Fresh Fruit Cake VO- Veg Soup Cheese Sandwich	*Ham Slice Yams Collard Greens Banana Multi Grain Bread Pudding VO- Veggie Meatballs	Baked Fish Red Beans & Rice Green Beans Pineapple W.W. Bread Jello VO- Red Beans and Rice
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Hamburger on Bun Lettuce/Onion BBQ Beans Pineapple Blueberry Pie VO- Veggie Patty	Spaghetti Meat Sauce Parmesan Salad w/ Tomato Pear Slices Garlic Bread Stick Chocolate Pudding VO- Soy Meat Sauce	Chicken Broccoli Rotini Salad V-8 Juice Peach Slices Dinner Roll Confetti Cake VO- Cheese Broccoli Rotini	Salisbury Steak Brown Rice Carrots Fruit Cocktail Rye Bread Cookie Packet VO- Salisbury Veggie Patty	Turkey Roast w/Gravy Mashed Potato/Gravy Broccoli Fresh Fruit W.W. Bread Pumpkin Bar VO- Cheese Tortellini
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
*Brat/Bun Baked Beans Chunky Applesauce Candy Cookie VO- Veggie Dogs	Baked Chicken Twice Baked Potato California Blend Pineapple Dinner Roll Ice Cream V.O. Veggie Meatballs	*Buffet Ham Cheesy Potatoes Glazed Baby Carrots Chunky Applesauce Croissant Lemon Bar. V.O. Hummus Wraps	3Cheese Lasagna Tossed Greens Tomato Orange Bread Stick Strawberry Short Cake	Hot Beef Sandwichw/Gravy Mashed Potatoes Broccoli w/Cheese Tropical Fruit Apple Pie V.O. Veggie Meatballs
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Grilled Chicken on Bun w/ Lettuce & Tomato Ital. Green Beans Grape Juice Sherbet VO- Black Bean Patty	Roast Beef/Gravy Roasted Red Potato Roasted Vegetables Jell-O w/Peach Slices Multi Grain Bread VO- Veggie Patty	Chicken Salad on W.W. Bun w/Lettuce Copper Penny Salad Fruit Cup Sugar Cookie VO- Egg Salad on Bun	Tomato Barley Lentil Soup Crackers Hot Ham & Swiss Croissant Apple Brownie VO- Cheese Sandwich	*Roast Pork w/Gravy Mashed Potatoes Corn Fruit Cocktail W.W. Bread Pudding VO- Veggie Patty

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

Salad Option Thursdays -Salads are dine-in only

6th - Garden

13th - Chicken Ranch

20th - Chef

27th - Taco

Reservations must be made by 12:00 the day before by calling 270-4290

April 2017

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Open Art	8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Walmart 12:45 PM Euchre 1:00 PM Mahjong	8:30 AM Aerobics 9:45 AM Aerobics 10:30 AM EMS BP/Glucose Checks 11:00 AM F-Fitness 11:30 AM U.W Nutrition 1:00 PM Bunko 1:00 PM Singers	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM FSC Friends 10:00 AM Zumba 12:30 PM Bingo!! 1:00 PM Sheepshead	8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Copps</u> 11:00 AM F-Fitness 1:30 PM Scrabble
10	11	12	13	14
8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos	8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Woodmans 10:00 AM Hookers 10:45 AM Library Shuttle 2:00 PM Men's Group	8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:30 AM EMS BP/Glucose Checks 11:00 AM F-Fitness 1:00 PM Bunko	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Caregiver Support 10:00 AM Zumba 10:30 AM Blood Pressure 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Book Club	8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 1:30 PM Scrabble
17	18	19	20	21
8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Open Art	8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-HyVee/Aldis 12:45 PM Euchre 2:00 PM Learning Annex	8:30 AM Aerobics 9:45 AM Aerobics 10:30 AM EMS BP/Glucose Checks 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Zumba 12:30 PM Bingo!! 1:00 PM Sheepshead	8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Copps</u> 11:00 AM F-Fitness 1:30 PM Scrabble Diabetic Footcare
24	25	26	27	28
8:30 AM Aerobics <u>9:00 AM Footcare</u> 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos	8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Target 10:00 AM Hookers 1:00 PM Women's Group Social Hour 2:00 PM Women's Group	8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:30 AM EMS BP/Glucose Checks 11:00 AM F-Fitness 11:30 AM U.W. Nutrition 1:00 PM Bunko	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Zumba 10:30 AM Blood Pressure 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Mystery Book Club <u>6:00 PM Born Survivors-BTC Auditorium</u>	8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness <u>12:40 PM Movie Day</u> 1:30 PM Scrabble

Mar 2017						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

May 2017						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				